



## LIPOSUCTION POST OPERATIVE INSTRUCTIONS

### POST OPERATIVE

- You will have several small incisions, which may drain fluid for the first 24–48 hours. This fluid is usually blood tinged and will resolve quickly.
- You may want to lay or sit on towels to protect your furniture and bedding from the drainage.
- Stay in the company of a responsible adult, the first night.
- Rest at home for a few days following surgery with legs elevated when sitting or lying. Short walks are permitted and encouraged, the day after surgery.
- You may use maxi pads or gauze pads over your small incision sites to help with the drainage. You may change these as needed when they become saturated.
- TOO MUCH ACTIVITY IN THE IMMEDIATE POST OPERATIVE PERIOD WILL RESULT IN EXCESSIVE SWELLING AND POSSIBLE BLEEDING.

### PAIN

- For pain relief, take prescribed tablets every 3–4 hours as necessary. Do not exceed more than 8 per day.
- Do not make any legal decisions while under the influence of an anesthetic or medication that may cause drowsiness.
- Please contact the office if pain cannot be controlled with prescribed medications
- No drinking of alcohol, driving or operating machinery, while on pain medications.

### DIET

- Please continue to drink several glasses of water per day after surgery. Fluids are especially encouraged for the first few days.

- Light meals are preferable after general anesthesia or intravenous sedation.

## SHOWERING AND REMOVING COMPRESSION GARMENTS

- You may shower 48 hours following surgery. Do not remove your garment while standing up the first few days following surgery. If possible try to have someone present (in case of fainting). Remember: DO NOT shower in water temperatures too hot or cold. Try to keep a Luke warm temperature. Keep your time in the shower to a minimum as your body continues to adjust.

## DRESSINGS

- You must wear the recommended support garments for a minimum of 4-6 weeks, day and night unless otherwise instructed.
- You will be wearing a zippered garment home from the surgery. Please leave this garment on the night of your surgery and the next day. After this, you may take the garment off and shower.
- You may buy your secondary garments ahead of time. These are not to be worn for the first 2-3 weeks after surgery. Some brands we recommend is Spanx which can be found at Nordstroms, Jockey brand found at Kohls
- You may use maxi pads (these can be cut in half) or gauze pads over your small incision sites to help with the drainage. You may change these as needed when they become saturated. Clean the incisions with saline and cotton buds. Do not remove crusting on your own as this may lead to scarring.

## SWELLING AND BRUISING

- Expect the bruising to last up to 6 weeks, depending on your surgery.
- Swelling and bruising are normal part of the recovery process and will begin to subside one or two weeks after surgery. It is expected that your clothes will tight for the first week or two after surgery. Intermittent swelling may persist for several months in the ankles.
- You should see a general decrease in your size and shape approximately 1-2 weeks after surgery. Your size and shape will continue to decrease each week.
- Swelling following liposuction recedes rather slowly. It will take some time before the contour finalizes, usually between three and six months.
- Pain and aches are normal especially the first week; this will decrease as bruising subsides.

## ACTIVITY

- Return to sedentary type work is permitted after one week.
- Short walks can be commenced after 1 week and increased as tolerated weekly.
- Driving and flying are permitted after one week.

- Tennis, jogging, aerobics and other vigorous sports may be resumed approximately 6 weeks after surgery. Easy swimming is permitted three weeks after surgery. If you are unsure, please ask Dr. Rochlin before assuming an activity is resumed.

## **SUN PROTECTION**

- Protect your skin from sunburn by using a sunscreen with a sun protection factor 15 or higher. Avoid the sun, as it will increase swelling.

## **MASSAGE**

- It is important after surgery to lightly massage using the roller provided to you to the areas that have been liposuction although it is difficult when bruising is present. Try to massage lightly after 1-2 weeks.

Please call the office if you have any questions or if we may be of assistance.

Please call the office if you develop a temperature or have any concerns that need immediate attention.

You will need a follow up appointment with Dr. Rochlin in 1 week.

**Please call the office to make arrangements (602) 653-0540.**